

Safety Sense

Ergonomics



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Ergonomics is a term thrown around by health professionals quite often. For some, it has a very specific meaning. For others, it covers everything under the sun. With all this different verbiage flying at you, you are probably starting to wonder, "What is Ergonomics?"

Let's keep things simple. Ergonomics is the science of making things comfy. It also makes things efficient. And when you think about it, comfy just another way of making things efficient. However, for simplicity, ergonomics makes things comfortable and efficient.

Musculoskeletal disorders (MSDs) affect the muscles, nerves, blood vessels, ligaments and tendons. Workers in many different industries and occupations can be exposed to risk factors at work, such as lifting heavy items, bending, reaching overhead, pushing and pulling heavy loads, working in awkward body postures and performing the same or similar tasks repetitively. Exposure to these known risk factors for MSDs increases a worker's risk of injury.

Work-related MSDs can be prevented. Ergonomics --- fitting a job to a person -- helps lessen muscle fatigue, increase productivity and reduce the number and severity of work-related MSDs.

Components of a Comfortable Workstation



MSD Prevention Tips

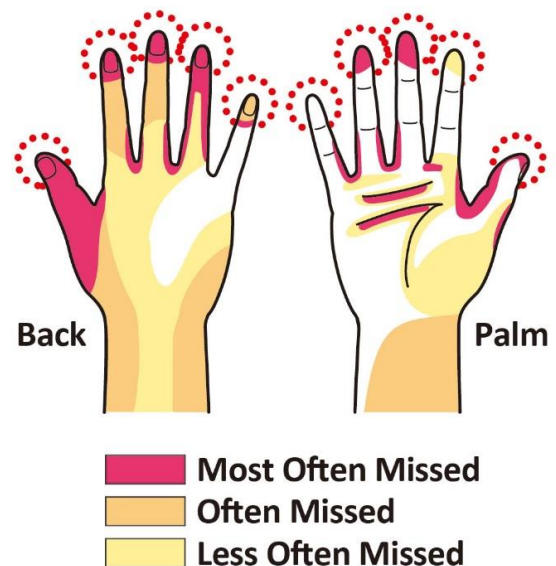
- Try to place your work in front of you and sit tall while you work
- Try not to put too much stress on one area of your body, such as your lower back or arms
- Change your position often
- Turn with your whole body instead of twisting to face your work

Wash Your Hands

Handwashing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings; from your home and workplace, to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

When to Wash Your Hands

- **Before**, during, and after preparing food
- **Before** eating food
- **Before** and after caring for someone who is sick
- **Before** and after treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage



5 Steps to Properly Wash Your Hands

1. Get your hands wet with clean, running water. It can be hot or cold. Turn off the water and apply soap
2. Thoroughly lather your hands by rubbing them together with the soap. Be careful not to overlook the backs of your hands and under your nails
3. Scrub your hands together for a minimum of 20 seconds. Try singing "Happy Birthday" twice as a timer
4. Use clean, running water to rinse your hands
5. Dry your hands with a clean towel or paper towel, or use an air dryer

NGB Equal Opportunity

Hotline number:

800-371-0617

Need to talk?

Support for sexual assault
survivors in the military

safehelpline.org | 877-995-5247





Safety Awareness

According to the Federal Bureau of Investigation, the agency processed more than 23 million firearm background checks in 2015. The amount of applications processed is telling; there's likely an increase in privately owned weapons (POW) in the hands of Soldiers. It's important to keep in mind that while Soldiers qualify with their weapons as part of training, owning a POW is vastly different. The USACRC developed the Range and Weapons Safety Toolbox to aid leaders in the management of safe weapons handling both on and off duty. Visit <https://safety.army.mil/ONDUTY/RangeandWeaponsSafetyToolbox.aspx> to learn more.

BG Farnsworth distributed a safety message addressing the recent spike in pedestrian-related fatalities across the Army. Since sending the message, we lost another Soldier on Jan. 22, who was struck by a vehicle and killed while walking along a highway, bringing the total pedestrian-related fatalities to eight since the beginning of the FY. You can read/download BG Farnsworth's message at

https://safety.army.mil/Portals/0/Documents/MEDIA/DASAFMESSAGES/Standard/2017/Pedestrian_message_30Jan2017.pdf

Our spring/summer safety campaign products are now available. The campaign runs from 1 Mar to

5 Sep 2017 (end of Labor Day weekend). Visit <https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/SpringSummer2017.aspx> for articles, posters and videos themed on seasonal topics to augment existing safety programs. Topics include maintenance safety, heat injury prevention, distracted driving prevention, personally owned weapons, water safety and more. All products are easily downloadable and ready to use in whatever format you prefer.

An integral component to reduce accidental loss is communicating relevant risk management information from our leaders to our Soldiers, Civilians and families. In addition to our homepage we use several social media outlets to convey information about the Army Safety Program and to emphasize the value of on and off duty safety. Check out our platforms: Facebook:

<https://www.facebook.com/pages/US-Army-Combat-ReadinessSafety-Center/61118583543>

Twitter: <https://twitter.com/SafetyCenter>

YouTube: <https://www.youtube.com/user/USArmySafety>

We appreciate your feedback and if there's a better way to do business regarding safety awareness, we're listening. BG Farnsworth and I have confidence that through command emphasis and engaged and accountable leaders that our accidental losses will continue to dwindle.

Readiness Through Safety!

Terry D. Burton
Command Sergeant Major